

## Monthly Challenges for 2013

Here at the FSS Program, we believe in the power of setting and accomplishing goals. That's why we've developed the **12 Challenges for 2013**! Each month, we will send you a new challenge to overcome. As you accomplish your goals, we invite you to share your success! Simply hit reply to this email to tell us about how you're doing, suggest topics and share resources or tips !

### Challenge

# 1

January is:

## Utility Savings Month

Start your year off by saving on your monthly gas, electric, and water bills! We challenge you to try 2-4 of the energy/water-saving tips and tricks in the next month. Then, give us feedback on the amount of money that you saved on utilities!

**Have your goals changed? Remember to [Contact the FSS program](#) today to update your contract!**

## Tips and Tricks for Utility Savings

### Energy

- ♦ **Utilize natural light** during the day. If a room has windows, try to not turn on the lights in that room until it is dark outside.
- ♦ **Install occupancy sensors.** These motion-activated lights cost between 15 and 40 dollars and can reduce lighting costs by up to 40 percent.
- ♦ **Use CFLs.** When it is time to replace your bulbs, replace them with compact fluorescent lamps (CFLs), which provide the same amount of light, use up to 75 percent less energy and can last up to 10 times longer.
- ♦ **Adjust the thermostat.** Adjust several degrees down in the winter, up in the summer and shut off when not in use. If you can, use a fan instead of air conditioning.
- ♦ **Power down.** Turn off or set office equipment to power down when not in use. Setting PCs, monitors and copiers to use sleep mode when not in use can help cut energy costs by up to 50 percent.
- ♦ **Lower the thermostat on your water heater.** 120° F is sufficient for most common uses. A 10° F reduction can save up to five percent on water heating costs.
- ♦ **Unplug** chargers, power strips, and other electronic items when they are not in use, or when you are sleeping.



### Water

- ♦ While waiting for hot water to come through the pipes, **catch the cool, clean, water in a bucket or a watering can.** You can use it later to water plants, run your garbage disposer, or pour into the toilet bowl to flush. (Can save up to 50 gallons a week per person.)
- ♦ **Replace your regular showerheads** with low-flow showerheads. (Can save up to 230 gallons a week.)
- ♦ Keep your showers down to five minutes or less using a **low-flow showerhead.** (Can save up to 75 gallons a week per person.)
- ♦ **Turn off your water while lathering-up** in the shower. Then turn the water back on to quickly rinse. (Can save up to 75 gallons a week per person.)
- ♦ **Take shallow baths,** no more than 3 inches of water. (Can save up to 100 gallons a week per person.)
- ♦ **Check your toilets for leaks.** Drop a dye tablet or a teaspoon of food coloring (avoid red) in the tank. If color appears in the bowl after 15 minutes, you probably need to replace the "flapper" valve. (Can save up to 100 gallons a week for each toilet repaired.)
- ♦ **Flush the toilet only when necessary.** Never use the toilet as an ashtray or wastebasket. (Can save up to 50 gallons a week.)
- ♦ **Never let the water run while brushing your teeth or shaving.** (Can save up to 35 gallons a week per person.)
- ♦ **Hand wash dishes just once a day** using the least amount of detergent possible. This will cut down on rinsing. Use a sprayer or short blasts of water to rinse. (Can save up to 100 gallons a week.)
- ♦ **If you have a dishwasher, run it only when you have a full load.** (Can save up to 30 gallons a week.)
- ♦ **Scrape food scraps off dishes in the garbage can** or rinse them off with very short blasts of water. (Can save up to 60 gallons a week.)
- ♦ **Never use hot, running water to defrost frozen foods.** Plan ahead and place frozen items in the refrigerator overnight or use the microwave oven. (Can save up to 50 gallons a week.)
- ♦ **Rinse vegetables and fruits in a sink or a pan filled with water** instead of under running water. (Can save up to 30 gallons a week.)
- ♦ **Run your garbage disposer only on alternate days.** (Can save up to 25 gallons a week.)
- ♦ **Repair all leaky faucets, fixtures and pipes** both inside and outside your home. (Can save more than 150 gallons for each leak.)
- ♦ When doing the laundry, **never wash less than a full load.** (Can save up to

## New Years Resolutions

*Setting New Years resolutions can be fun and exciting, until you realize that you haven't been achieving your new goals. Here are the "Five Golden Rules of Goal Setting" that will set you up for success!*

### 1. Set Goals that Motivate You

Set goals that are important to you and relate to the high priorities in your life.

### 2. Set SMART Goals

*Specific:* Make sure that your goals are clear and well defined

*Measurable:* Include precise dates, amounts, etc. in your goals so that you can measure your level of success.

*Attainable:* Do not set goals that are too easy or impossible to attain.

*Relevant:* Goals should be relevant to the direction that you want your life, family, education, and career to take.

*Time Bound:* Set a time line so that you will be more motivated to accomplish your goals.

*\*Content courtesy of [www.mindtools.com](http://www.mindtools.com)*



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